

Grenfell Support News

Wellbeing Workshops give young people a voice

We know how important it is to ensure that young people feel safe and listened to within the community. It's just as important therefore that there are opportunities for them to discuss their feelings or to talk through the issues they may be facing.

A series of workshops have been set up to give local young people a place to do just that and to learn about dealing with challenging and distressing situations. If you or somebody you know is aged **11 to 18 years**, you may be able to benefit from the young people Wellbeing Workshops at The Curve Community Centre (**10 Bard Road, W10 6TP**)

There are five workshops being held over six weeks with each workshop addressing a different topic relevant to struggles faced by young people. Each workshop lasts for one hour.

Monday 30 July at 2pm

Building resilience

Monday 6 August at 2pm

Addressing stress and managing change

Monday 13 August at 2pm

Stigma and discrimination

Monday 20 August at 2pm

Bullying and emotional wellbeing

Monday 3 September at 2pm

Mindfulness and movement

There is no workshop on Bank Holiday
Monday (27 August).

There are only 10 spaces available for each workshop. If you are interested in attending, please contact Andreia on **07712 542453** or email andreia.miguel@rbkc.gov.uk

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Activities programme at The Curve Community Centre

Monday 30 July

- **10.30am–12pm** – Freestyle dance with James (for ages six to 11) (drop-in)
- **12.30pm–2pm** – Freestyle dance with James (for ages 12 plus) (drop-in)
- **1pm–3pm** – Total Family Coaching sessions (coping skills for dealing with stress) (drop-in)
- **2pm–4pm** – Grenfell Support Services – drop-in advice and guidance for all
- **6.30pm–7.30pm** – Zumba for all with Paula (drop-in)

Tuesday 31 July

- **10am–3pm** – Fouzia's sewing club – drop-in sewing club for all, grow your skills, knit and natter
- **10.30am–12pm** – Performing arts with Nath from Motown the Musical (for ages six to 11)
- **12.30pm–2pm** – Performing arts with Nath from Motown the Musical (for ages 12 plus)
- **5pm–7pm** – Arabic language classes for ages seven plus (registration is required - please email thecurve@rbkc.gov.uk)



The Curve crèche times are provided by The Curve Community Centre each week. Details are still being finalised for the forthcoming week. For next week's crèche opening times please call **020 7221 9836** or email TheCurve@rbkc.gov.uk. We will also update our website and social media channels once we have the details from The Curve.



Wednesday 1 August

- **10am–1pm** – Rock climbing for ages five to 11 (subject to availability – book your place at The Curve)
- **10am–12 noon** – World Coffee Morning – free and open to all for a coffee and a chat
- **2pm–6pm** – Rock climbing for ages 12 plus (subject to availability – book your place at The Curve)
- **1pm–5pm** – Drug and alcohol drop-in session
- **4pm–7pm** – Girls youth group for ages 13 plus (run by Laura for emotional health and wellbeing)

Thursday 2 August

- **10.30am–12pm** – Freestyle dance with James (for ages six to 11) (drop-in)
- **12.30pm–2pm** – Freestyle dance with James (for ages 12 plus) (drop-in)
- **5pm–7pm** – Arabic language classes for age for ages seven plus (registration is required - please email thecurve@rbkc.gov.uk)

Friday 3 August

- **10.30am–12pm** – Performing arts with Nath from Motown the Musical (six to 11 years)
- **11am–12pm** – Zumbini (Zumba for children) (drop-in)
- **12.30pm–2pm** – Performing arts with Nath from Motown the Musical (12 years plus)

Saturday 4 August

- **12 noon–2.30pm** – Metronomes steel pan orchestra (a vibrant day of musical instruments)

Sunday 5 August

- **10am–6pm** – Lancaster West day celebrations – a range of world food, kids entertainment and wellbeing therapies for all



The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email thecurve@rbkc.gov.uk and they will confirm your reservation by return.



For a full list of events visit grenfellsupport.org.uk/thecurve/events

This information is provided weekly by The Curve Community Centre. For more information call **020 7221 9836**

Mental Health Charity Mind show support for mental health campaign

Our friends and supporters over at Kensington and Chelsea Mind showed their support for the **#OKnottofeelOK** campaign this week.

Mary Fotherington, Director of Kensington and Chelsea Mind, said: "There are times when we all need support and it is important to know that there are people here to help us. The **"OK not to feel OK"** website provides vital information about who to turn to for support when we need it

- and to remind us that it really is okay to ask for help when we are not feeling on top of things. No one needs to struggle on their own."

The OK not to feel OK campaign is aimed at trying to reduce the stigma around mental illness and reduce the risk of suicide by talking more openly about it. We want anyone in distress to feel confident to turn to someone for support and we are encouraging people to seek help before they reach crisis point.

For information about Mind services visit www.kcmind.org.uk.

Do you want to get involved in the **#OKnottofeelOK** campaign? Head over to our website and find out how:

www.oknottofeelok.org

To let us know if you are finding the campaign website helpful, visit our facebook page and leave a comment: www.facebook.com/oknottofeelok

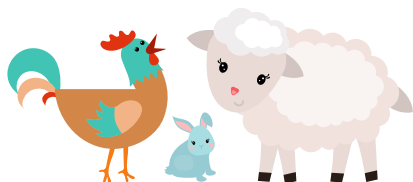


A free day of fun for artsy animal lovers

Join the Westway Trust at **Maxilla Gardens, Maxilla Walk, W10 6JG** for a farmyard fun day fit for the whole family. You and your family can meet the animals of Surrey Docks City Farm, learn how to make a DIY bird feeder and create a window box for bees and butterflies to enjoy.

This is a free event and there's no need to book, just come along on **Tuesday 31 July** from **2pm to 4.30pm**.

More information on this event is available on the Westway Trust website www.westway.org/events/fun-day



Our commitments to those affected by the Grenfell tragedy

A set of commitments to those affected by the Grenfell tragedy were discussed and agreed by Councillors on **Wednesday 25 July**.

"Our Commitments to those affected by the Grenfell tragedy" sets out our approach to working with survivors, the bereaved and the wider community towards long-term recovery.

The approach is informed by the many conversations with survivors, the bereaved and wider community we have had over the past year and has been developed together with NHS partners, West London Clinical Commissioning Group (CCG) and Central and North West London NHS Foundation Trust (CNWL).

Our overall aims are:

- To support survivors and those who were bereaved as a result of the tragedy to rebuild their lives
- To support community-led recovery for the wider community, helping people to build a better future for themselves and families
- To help all those affected by the Grenfell tragedy to support themselves and each other, developing capacity and resilience for a better future

Beginning of a wider conversation

The Leadership Team – the Council's decision making body – approved the commitments as a basis for further consultation and engagement. This will take place in the coming months so that we can hear more about what matters to survivors, the bereaved and the wider community.

The commitments are only the beginning of a wider conversation with the community and we have deliberately made them open-ended to ensure that they leave room for discussion, debate and challenge. They will be the foundation of a long-term recovery strategy, to be developed in partnership with residents and agreed by the Council in the autumn.

We will be contacting as many local community groups as possible to hear their ideas. There will be a number of drop-in sessions, workshops as well as dedicated consultation website for people to give us their views.

You can read more about the commitments on the Council's website: bit.ly/2LO4Pcy

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the Grenfell Tower tragedy is asked to contact the Met Police on **0800 032 4539**.

Important Contacts

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email **helpline@cruse.org.uk**. The helpline is open **Monday-Friday** from **9.30am-5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until 8pm.

Replacement UK passports, visas or immigration queries

Call our advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS **111**.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit **victimsupport.org.uk**. The line is open 24 hours a day.

The Grenfell Muslim

Response Unit also offers additional support. Find out more by emailing **info@gmru.co.uk**

You can also get physical and mental support at **The Curve Community Centre**. Call **077 1223 1133**.

Hestia, Central and North West London NHS Foundation Trust, and the Drug and Alcohol Service are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.

Upcoming meetings

Residents welcome to attend.

Leadership Team Meeting

Wednesday 19 September, 6.30pm
Kensington Town Hall

Grenfell Recovery Scrutiny Committee

Monday 15 October, 6.30pm
Kensington Town Hall

Full Council:

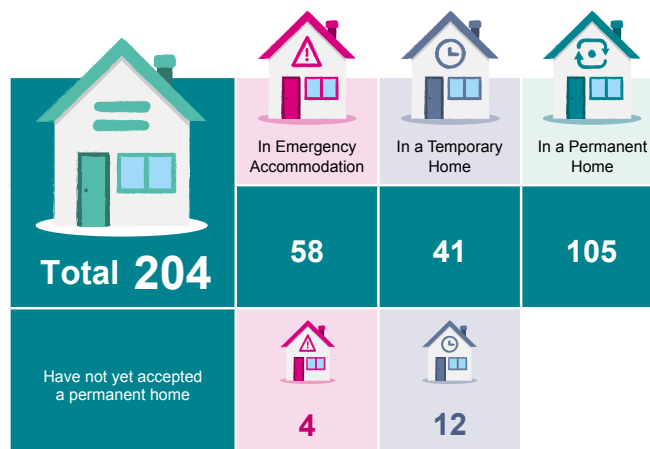
Wednesday 17 October, 6.30pm
Kensington Town Hall

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for

26 July 2018



Housing update for tenants of the Walkways, Treadgold House and Bramley House currently in temporary accommodation

Last week we wrote to residents of the Walkways, Bramley House and Treadgold House who are not living at home about their future housing options. We also sent a leaflet with the letter called 'Your housing future – helping you decide'.

In the letter we informed residents that a report, 'Housing options and support for secure tenants of the Walkways, Treadgold House and Bramley House in temporary accommodation' would be going to the Grenfell Recovery Scrutiny Committee (GRSC) on **24 July**, and the Council's Leadership Team meeting on **25 July**. The report set out our approach to working with secure tenants who are currently in temporary accommodation.

Opportunity to give feedback

Residents had the opportunity to give their feedback on the proposed approach to housing officers, via drop-in sessions and at the GRSC meeting on **24 July** and we have listened carefully to their views. We have made some changes to the report and these changes have now been formally agreed by the Leadership Team.

Making a decision to return or relinquish tenancies

We are now asking that residents make a decision about whether to return home or give up their tenancy by

30 September 2018 if possible.

We understand that some residents will find this difficult and we will offer individualised and sensitive support to all residents.

Support to move

All residents wishing to stay in temporary accommodation will have an affordability check and practical support to help them manage the costs of their new accommodation. When and where possible, we will support tenants to move to standard temporary accommodation, but we will give notice of any changes and many tenants will have a clear case for local accommodation. Where people are moving into new permanent homes owned by other social housing providers, we will work with landlords to replicate the terms of their existing tenancies. The Council is also asking the independent site management team to look at what steps can be taken to minimise disruption to residents living near the cordon.

Housing officers will be working closely with all Walkways, Bramley House and Treadgold House residents to support them to make decisions about their future.

You can find the Grenfell Recovery Scrutiny Committee papers here bit.ly/2LnKi1l and the Leadership Team meeting papers here bit.ly/2LO4Pcy

The newsletter is also available in Arabic and Farsi languages.